

# Aquatics Programs

## Certification Courses

Attendance at all class sessions for the Lifeguard Training and Water Safety Instructor courses is required! No exceptions will be made. Pre-registration is required. All fees must be paid at registration. Fees include books and a pocket mask. [Please refer to our certification courses refund policy before enrolling in a class](#) (at the bottom of this page).

Acceptance of a student's registration form for the certification classes does not necessarily mean participation in the class. Students must successfully pass all required written or water skills test to take part in class. Certification will be determined after students have successfully completed all required water skills and written exams. Failure to pass final skills tests and written exams does not allow for refunds.

### LIFEGUARD TRAINING - American Red Cross

This course is designed to teach students the skills and knowledge needed to prevent and respond to aquatic emergencies and to keep patrons safe in and around the water. Upon successful completion of all written exams and water skills, this course certifies participants in the American Red Cross Lifeguard Training and First Aid, Automated External Defibrillation (AED), and CPR for the Professional Rescuer. This is a 36-hour course. Class size is limited, so register early! Please come prepared to swim each class session.

#### Prerequisites:

15 years of age or older by the last day of the course, and pass the required pre-skills test.

#### Pre-skills test:

500 yard continuous swim, consisting of a minimum of 100 yards of freestyle, sidestroke, and breaststroke; tread water for two (2) minutes, legs only; retrieve a 10 lbs. Object from a minimum of 7 ft. of water.

*Please enroll in one of the following Lifeguard Training classes. Students will attend on the days and times listed through class dates.*

Site	Class Dates	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Class Code	Fee
WCAC	Feb. 1- Feb. 19, 2005		5 - 8:30 p.m.		5 - 8:30 p.m.		9 a.m. - 4 p.m.	2018.105	\$120
HAC	Feb. 21- Mar. 5, 2005	5 - 8:30 p.m.		5- 8:30 p.m.		5 - 8:30 p.m.	8:30 a.m. - 5 p.m.	2018.205	\$120
WCAC	Mar. 14- Mar. 19, 2005	9 a.m. - 4 p.m.	9 a.m. - 4 p.m.	9 a.m.- 4 p.m.	9 a.m. - 4 p.m.	9 a.m. - 4 p.m.	9 a.m. - 4 p.m.	2018.305	\$120

HAC = Hamilton Aquatic Center; WCAC = West Chandler Aquatic Center

### WATER SAFETY INSTRUCTOR (W.S.I.) - American Red Cross

This course is designed to develop skills needed to teach the American Red Cross Progressive Learn to Swim Program. Instructor candidates will learn to teach toddlers, pre-school and school aged children skills to be water safe and have a fun attitude in the water. This is a 34-hour course, which includes the F.I.T. course, plus eight hours of instructor candidate practical teaching time.

#### Prerequisite:

16 years or older by the last day of the course; and ability to demonstrate proficiency in water skills test.

#### Water Skills Test:

Demonstrate proficiency in the following strokes (25 yards): front crawl, back crawl, breaststroke, elementary backstroke, sidestroke, and butterfly (15 yards); maintain position on back 1 minute in deep water (float or sculling); tread water for 1 minute.

*Students will attend on the days and times listed through class dates.*

Site	Class Dates	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Class Code	Fee
AMP	Mar. 21- Apr. 8, 2005	4:30 - 8 p.m.		4:30 - 8 p.m.		4:30 - 8 p.m.	9 a.m. - 4 p.m.	2019.205	\$110

AMP = Arrowhead Pool

### LIFEGUARD TRAINING AND WATER SAFETY INSTRUCTOR CERTIFICATION CLASSES REFUND POLICY:

A participant may cancel their enrollment by calling the Aquatics Office at (480) 782-2756 or (480) 782-2753, however the following policy will be strictly followed: Advanced cancellations of 15 days or more prior to the start of the class will be charged a 50% cancellation fee. Cancellations 14 days or less - no refund will be issued.